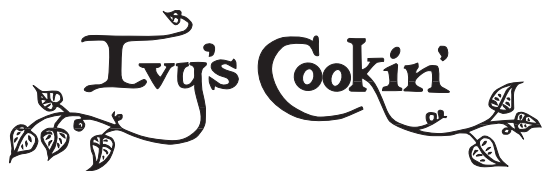


Have a nice hot dinner waiting for you at home tonight!



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FEBRUARY 2012 Put this menu on the fridge for easy reference!

- Order By 2/6 Delivery 2/9** **VALENTINE'S DAY SPECIAL CREAMY ARTICHOKE PESTO STUFFED SHELLS** – Deceptively decadent...yet healthy! Artichokes, pesto, green onion and cottage cheese stuffed shells are complimented by a light Bechamel sauce with hints of dry sherry and Swiss cheese (330 cal / 12g fat / 2.2g fiber / 11.6g pro / 22.5g carb).
- Order By 2/13 Delivery 2/16** **BY POPULAR REQUEST! WEST AFRICAN GROUNDNUT STEW (VEGAN/ WHEAT FREE)*** – Delectable melange of veggies and sweet potato in an exotic light, Thai-inspired peanut sauce (w/garlic,ginger and cilantro) (184 cal / 7g fat / 6.3g fiber / 5.4g pro / 30g carb). *no trades for this entrée.
- Order By 2/20 Delivery 2/23** **WILDLY POPULAR MUSHROOM BROCCOLI STROGANOFF** – Mushrooms and broccoli in a light sour cream-sherry sauce with garlic, sundried tomatoes and egg noodles. Yummy! (388 cal / 6.4g fat / 8.4g fiber / 13.4 pro / 42.5 carb).
- Order By 2/27 Delivery 3/1** **RECEIVES RAVE REVIEWS! EGGPLANT PARMESAN (vegan option)** – The way to eat your eggplant, (baked, not fried) after being coated with seasoned breadcrumbs, then layered with my fabulous marinara sauce and cheese (280 cal / 8g fat / 6g fiber / 17g pro / 31.4 carb).

MARCH 2012 Gift certificates from Ivy's Cookin' are available!

- Order By 3/5 Delivery 3/8** **DELICIOUS! SPICED POTATO ENCHILADAS W/CHIPOTLE CHILE SAUCE (wheat free)** – You'll love these hearty, yummy enchies with just the right amount of heat, a potato, cheese, cilantro and corn filling and the subtle smoky flavor of chipotles (smoked jalapeno) (308 cal / 8.5g fat / 7.5g fiber / 8.4g pro / 39g carb).
- Order By 3/12 Delivery 3/15** **CROWD PLEASER FOR ST. PATTY'S DAY! ♣ SPINACH LASAGNE** – One of Ivy's Cookin' original recipes! Find out why it's stood the test of time! Thick and hearty bean sauce (marinara with a twist) between layers of noodles, spinach and creamy cheeses (400 cal / 10g fat / 5g fiber / 26g pro / 30g carb).
- Order By 3/19 Delivery 3/22** **A EUGENE FAVORITE! IVY'S AWESOME ENCHILADAS DE CHILI VERDE (wheat free)** – Vegetable, bean and creamy cheese-filled corn tortillas covered in a piquant green chili salsa (270 cal / 5g fat / 6g fiber / 16.4g pro / 35.5g carb).
- Order By 3/26 Delivery 3/29** **TRY IT, YOU'LL LIKE IT! INDIAN SHEPHERD'S PIE (wheat free)** – A delicious example of fusion cooking! The spinach and ricotta filling (with fresh ginger, coriander and cumin) is topped with truly scrumptious cilantro mashed potatoes. Mmm! (369 cal / 8.6g fat / 6.6g fiber / 25.6g pro / 54g carb).

 **PLACING AN ORDER IS EASY!**

At Ivy's Cookin' a new and delicious vegetarian entree is offered each week. Place your order by Monday night and Ivy will deliver a savory 2-4 portion meal (9"x 9" pan) at your convenience on Thursday, or you can pickup Wednesday.

All this for just \$25.

(A family size 9"x13" pan is \$35).



*Yum, Yum,
Sounds Great!
How do we get some?*

Meals from Ivy's Cookin' freeze exceptionally well, so they are ideal for dinners when you're too tired to cook, or lunches for those days on the go.

 **SPEND MORE TIME WITH FAMILY!**

Save time with Ivy's healthy, affordable vegetarian meals.

 **GIFT CERTIFICATES AVAILABLE!**

Ivy's Cookin' is a great gift idea for new moms, birthdays, potlucks, moving day, post surgeries, housewarmings, or as a simple act of kindness.

 **DID YOU KNOW...?**

You receive a 1/2 PRICE MEAL when your referral brings me a new customer...Spread the word!

 **A FREE GIFT!**

Receive a FREE food gift with your first order from Ivy's Cookin'!

Let Ivy's Cookin' Catering put the "fun" in your next function with delicious vegetarian cuisine for your workshop, meeting, seminar, wedding, special event ...



IMAGINE A CHEF THAT MAKES HOUSECALLS!

All meals prepared and delivered by chef/owner Ivy Cotler since 1992. Meals may be delivered right to your home or office every Thursday.

WATCHING YOUR FOOD INTAKE?

Ivy now provides fat, fiber, protein, carbohydrate & calorie info for those folks who may be on a weight loss program. (Info based on 4 servings for a 9"x9" pan and 8 servings for a 9"x13" pan).

Ivy's Cookin' kitchen is fully licensed by the State of Oregon Department of Agriculture